



Your LivingWell Promise is due by July 1, 2018.

Complete a biometric screening or Go365 Health Assessment.

Biometric screening

When you complete your **biometric screening**, you'll also fulfill your LivingWell Promise, earn up to 4,000 Go365 Points, and you'll have a better understanding of your current health status, including blood pressure, BMI, cholesterol, and blood sugar levels. For more information about biometric screenings, including locations, click [here](#).

Health assessment

When you take your [Go365 Health Assessment](#), you'll fulfill your LivingWell Promise, earn at least 500 Points, and you'll receive your Go365 Age and a personalized plan to be the healthiest you possible. It's simple - just log in at [Go365.com](#) or use the Go365 app and answer a few questions about your health habits.

*Wondering if you've completed your 2018 LivingWell Promise?
Click [here](#) and log in to check your achievement dashboard to confirm.
Having issues logging into your Go365 account? Check out [this link](#) with helpful tips.
Questions? Contact Go365 at 855.478.1623.
If you have completed your LivingWell Promise, please disregard this message.*



Questions?
[Contact Us](#)

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